

MONDAY

0745 MINDFULNESS 0830 Kat
0845 BARRE FITNESS 0930 Mel
0930 SPIN 1015 Mel
0930 FITSTEP 1015 Mirella K
1030 BODY BALANCE 1130 Jules
1100 AQUA (POOL) 1145 Nikki
1130 POWER YOGA 1300 Angela
1745 BODY PUMP TECHNIQUE 1800 Barry
1800 BODY PUMP 1900 Barry
1800 SPIN 1845 Brian
1900 STEP 2000 Barry

TUESDAY

0730 PROGRESSIVE FLOW YOGA 0830 Christian
0845 BODY BALANCE 0930 Jules
0930 CONDITIONING 1030 Jules
1030 YOGA FOR ALL 1200 Angela
1230 PILATES 1330 Storme
1645 YOGA FLOW 1745 Mirella L
1800 SPIN 1845 Brian
1800 BODY ATTACK 1900 Chris
1900 BODY BALANCE 2000 Nikki

WEDNESDAY

0800 FUNCTIONAL FITNESS 0845 James
0845 SPIN 0930 James
0930 ZUMBA 1015 Juliet
1030 BODY PUMP 1130 Jules
1140 GENTLE YOGA 1240 Mirella L
1715 FITNESS PILATES 1800 Brenda
1800 BODY PUMP 1900 Grace
1830 OUTDOOR YOGA 1930 Laura
1900 SPIN 1945 James
1900 ZUMBA 1945 Juliet

THURSDAY

0730 YOGA FLOW 0830 Jules
0800 SPIN & ABS 0845 James
0845 BODY BALANCE 0930 Nikki
0930 WELLNESS WALK 1015 Jules
0930 CONDITIONING 1015 Nikki
1015 ZUMBA 1100 Juliet
1115 PILATES 1215 Kay
1215 PILATES 1315 Kay
1800 SPIN 1845 Brian
1800 BOXERCISE 1900 Barry
1900 SH'BAM 1945 Rita
1945 PILATES 2030 Rita

FRIDAY

0800 FUNCTIONAL FITNESS 0845 James
0845 SPIN 0930 James
0845 BODY PUMP 0945 Grace
0945 DYNAMIC FLOW YOGA 1045 Annie
1100 AQUA (POOL) 1145 Nikki
1115 TOTAL BODY WORKOUT 1215 Jackie
1230 CIRCUITS 1345 Euan
1745 SPIN 1830 Melissa
1800 HIIT 1830 Barry
1830 BODY BALANCE 1930 Nikki

SATURDAY

0900 SPIN 0945 Brian	
0900 HITT CIRCUITS 0930 Gym Team	
0930 BODY ATTACK 1030 Charley	
1030 FITNESS PILATES 1130 Brenda	
1140 BODY PUMP 1240 Charley	
1700 VINYASA FLOW YOGA 1800 Carolyn	
1800 BOXERCISE 1900 Barry	
SUNDAY	
1000 CIRCUITS 1100 Gym Team	
1100 SH'BAM/ZUMBA 1145 Rita/Debby	
1200 BODY BALANCE 1300 Rita	
1700 YOGA FLOW 1830 Jules, Carrie, Annie in rotation	

POWER YOGA

Very active form of Yoga, follows a series of postures, designed to improve strength, balance and flexibility.

PROGRESSIVE FLOW YOGA

A dynamic class suitable for those with more experience that includes some challenging postures and flowing sequences working with strength and stamina whilst still retaining breath awareness and focused exploration. Suitable for intermediate level and regularly practicing Yogis.

YOGA FOR ALL

A breath-centered yoga class suitable for all levels encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

YOGA FLOW

A dynamic class designed to increase stamina, strength, balance, flexibility, enhance focus and relaxation by holding both challenging and relaxing poses and focusing on the breath. Suitable for all abilities.

GENTLE YOGA

Wednesday's class is a gentle yoga practice with the aim of loosening up the body whilst stretching, relaxing and breathing. Suitable for all abilities including beginners.

DYNAMIC YOGA FLOW

This class focuses on waking up the whole body from head to toe. With hamstring combined core warm ups, through to yoga salutations, standing poses for strength and opening the hips through twists, to kick start your morning. Suitable for all abilities.

VINYASA FLOW YOGA

This class places emphasis on synchronising breath and movement to bring body and mind into balance, Carolyn's classes combine uplifting flow sequences which encourage strength and flexibility with relaxing restorative postures, pranayama and meditation promoting a deeper connection to yourself and an overall sense of wellbeing. This class is suitable for all levels.

PILATES

Developed by Joseph Pilates. Interconnected movements with a breathing pattern, integrating mind & body, enhancing energy and relaxation by working through all planes of movement.

FITNESS PILATES

Attacks the routes of bad posture by toning little used muscle groups in the abdomen, torso, upper and lower back, while incorporating a slow breathing technique to energise the body.

MINDFULNESS

An introduction to mindfulness including, meditations, mindful activities and breathing awareness. The session will follow the same structure each week to help those wanting to build a steady practice, giving you a routine and structure to take away.

CONDITIONING

A general shaping up session that uses light hand weights to help tone the whole body.

FUNCTIONAL FITNESS

A class to challenge and improve all aspects of your fitness. Especially good for knees, ankles, hips and backs. Moderate intensity but can be altered to suit you.

CIRCUITS

Trim your waist and strengthen your core muscles with this fun, furious circuit class. It never gets boring a different class every week.

TOTAL BODY WORKOUT

A fun low impact fitness class, using different equipment. Suitable for all standards.



AQUA FIT

Exercise to music in the swimming pool. Great for everyone, particularly joint/mobility problems. Great for non swimmers.

STEP

Using height adjustable steps, this is the step workout that makes you feel liberated and alive without over-dosing on complicated choreography. This is a serious high gear fat burning workout. It will shape and tone your body.

SPIN

Let the music be your tour guide in this invigorating indoor cycling class, using static bikes exploring different terrains. Suitable for all levels as you control the intensity.

ZUMBA

Dance based, fun class for everyone. Infectious music makes the time fly. Turns frowns upside down. This class is for everybody who wants a fun workout.

FITSTEP

This is a fitness class delivered through dance, designed by dancers from Strictly Come Dancing. It is the first time that classic Latin and Ballroom dances have been brought together with proven fitness techniques and principles. This class has an emphasis on helping people towards fitness, the class is structured to deliver real, measurable, fitness results. It is suitable for people of all different levels of fitness from beginner to advance as the Instructor is able to deliver the steps in varying degrees of intensity.

STUDIO ETIQUETTE

Wear clothing and trainers that are appropriate for the class.

Take regular sips of water during exercise/classes to prevent dehydration.

Inform the instructor of any medical conditions, if you are new or returning to exercise.

Please arrive 5 minutes before the class starts. This is for your own health and safety and disruption to other members.

Please switch off your mobile phones during all classes.

CLASS BOOKINGS

Class bookings can be made online at combegrove.com/club/book/ or

COMBE GROVE

LES MILLS SH'BAM

SH'BAM - A FUN LOVING DANCE WORKOUT

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

LES MILLS BODYATTACK

BODY ATTACK - GET FIT, STAY FIT, GET FITTER

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

LES MILLS BODYBALANCE

BODY BALANCE - CALM AND CENTRED, LONG AND STRONG

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS BODYPUMP

BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

STUDIO TIMETABLE 2019
MEMBERS & GUESTS WELCOME

PLEASE BOOK ONLINE AT
WWW.COMBEGROVE.COM
01225 834644